

What is claimed is:

1. A health care system, comprising:

a living body data input unit;

a living body data display unit; and

5 an advice display unit, wherein

said living body data input unit enters the living body data,

said living body data display unit displays the living body data,

said advice display unit displays an advice about health according to
said living body data, and

10 said advice display unit displays the advice about health in such
manner that a human animation character points to the advice within a
balloon with a hand while moving a mouth and waving the hand.

2. A health care system according to claim 1 in which it further
comprises a living body data measurement unit and a receiver unit, said
15 living body data measurement unit measures the living body data, said
receiver receives the living body data from the living body data measurement
unit, and said input unit acquires the living body data from the receiver.

3. A health care system according to claim 2 in which said living body
data measurement unit includes at least one of a body fat meter, a pedometer,
20 and a sphygmomanometer.

4. A health care system according to claim 2 in which in case of the body
fat meter used for the living body data measurement unit said living body
data includes at least one of body weight, body fat rate, body fat mass, basal
metabolism, total energy consumption and visceral fat level.

25 5. A health care system according to claim 2 in which in case of the
pedometer used for the living body data measurement unit said living body
data includes at least one of number of steps, distance, calorie consumption
and amount of burned fat.

6. A health care system according to claim 2 in which in case of the sphygmomanometer used for the living body data measurement unit said living body data includes at least one of highest blood pressure, lowest blood pressure and pulse rate.

5 7. A health care system according to claim 2 in which said receiver unit includes a wireless receiving section which is normally in standby condition and which, upon receiving the living body data from the living body data measurement unit, acts to check whether there is any problem in the data, and if no, to acquire the living body data.

10 8. A health care system according to claim 1 in which if the advice is for diet it includes a precaution or a comment regarding at least one of body build, body weight, body fat mass and basal metabolism.

15 9. A health care system according to claim 1 in which if the advice is for adult non-communicable disease it includes a precaution or a comment regarding at least one of body build, body weight, body fat mass and visceral fat level.

20 10. A health care system according to claim 1 in which if the advice is for diet said advice display unit includes a graphic display unit for graphically displaying at least one of body weight, body fat mass, basal metabolism and total energy consumption.

11. A health care system according to claim 1 in which if the advice is for adult non-communicable disease said advice display unit includes a graphic display unit for graphically displaying at least one of body weight, body fat mass, visceral fat level, highest blood pressure and lowest blood pressure.

25 12. A health care system, comprising:
a living body data measurement unit;
a receiver unit; and
a personal computer, wherein

said living body data measurement unit measures living body data,
said receiver unit receives the living body data from the living body data
measurement unit,

said personal computer is "USB" connected to the receiver unit, and

5 said receiver unit includes a wireless receiving section which is
normally in standby condition and which, upon receiving the living body data
from the living body data measurement unit, acts to check whether there is
any problem in the data, and if no, to acquire the living body data.

13. A health care system according to claim 12 in which said receiver
10 receives the living body data from the living body data measurement unit via
electromagnetic wave or infrared ray.

14. A health care system according to claim 12 in which said living body
data measurement unit includes at least one of a body fat meter, a pedometer,
and a sphygmomanometer.

15 15. A health care system according to claim 12 in which in case of the
body fat meter used for the living body data measurement unit said living
body data includes at least one of body weight, body fat rate, body fat mass,
basal metabolism, total energy consumption and visceral fat level.

16. A health care system according to claim 12 in which in case of the
20 pedometer used for the living body data measurement unit said living body
data includes at least one of number of steps, distance, calorie consumption
and amount of burned fat.

17. A health care system according to claim 12 in which in case of the
sphygmomanometer used for the living body data measurement unit said
25 living body data includes at least one of highest blood pressure, lowest blood
pressure and pulse rate.

18. A health care system according to claim 12 in which in case of the
body fat meter or the sphygmomanometer used for the living body data

measurement unit it sends the living body data to the receiver unit in frame synchronized manner upon depressing a data transmission button after measurement is done.

- 5 19. A health care system according to claim 12 in which in case of the pedometer used for the living body data measurement unit, upon placing the pedometer including a reed switch on the receiver unit including a permanent magnet, then the reed switch is turned ON so that the pedometer sends the living body data to the receiver unit in stepping manner.